



# COMMUNITY PACK




- Feature of the week -



We have new  
information  
from The Action  
Group!



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**Click the button to use an online Community Pack**



You can scroll through the pack or click on the squares to go straight to the page you want.

In the top right hand corner of every page you will see a yellow arrow. Click to return to the index page.





Dear everyone,

I hope like me you are enjoying some more light in the morning and later in the day. It has been a harsh winter and it is great to feel we are moving towards spring!

I wanted to update you on a few things.



## Digital plans

We have got money available this year to:

- help you to get digital devices
- offer training so that you can learn digital skills.



We are also trying to offer some digital support services for those who want these. We will be back in touch soon about these plans.



In the meantime, there are digital devices that you can try at the Prentice Centre. They can be found in the **John Booker Room**. *Drop in and have a look!*



## New Services

There are exciting plans for people we already support and new supported people in **Edinburgh** and **East Lothian**.



We have a group of new homes opening soon in Granton, these are for new and current people we support. They will offer onsite support, digital devices and a sense of community to help people connect and feel safer.



There are also plans to take over services for 20 people in East Lothian. This will help us to reach more people in this area. More information will come out soon.

## TAG evolve:



We are continuing with our plan to make our TAG support service's better. This plan is called TAG Evolve.

You can find the most up to date information about TAG Evolve in Page 6 of this Community Pack



## Recruitment:

I am delighted to say that our search for new staff has gone very well and lots of new staff are joining us.



Everyone is welcome here at TAG! Having new support staff joining us will allow us to use less agency staff from April 2024.



Remember that any information you need is always available in the Digital Community Package:

<https://www.actiongroupcommunity.com/community-pack>



I hope you have a great March and I look forward to seeing as many of you as possible at TAG TALKS this year- dates will be out soon.

Best wishes and Thank you for being part of TAG.



Linda Tuthill CEO



## TAG Evolve Information



The Action Group are working on providing a better service and improving wellbeing for everyone. This plan is called **TAG Evolve**.



In our last update (December), we told you that we were working with our current Team Managers to identify what role would match their skills in the new structure.



We are continuing to work on this First Step of the project. Once we have all positions filled, we will write to you all to let you know the final decision.

Click the button for up to date information about TAG Evolve.



Password 1976



## Invitation to Help Develop the National Care Service



National Care Service



The Scottish Government wants to set up a big group of people to help make sure that the National Care Service works well. This group will be called **the National Board**.

The Scottish Government wants to hear your ideas on the best way the National Board could work.

And we want to make sure people with learning disabilities can be included on the National Board.

April

4

April

24

**SCLD is holding two meetings on the:**

- Thursday 4th April
- Wednesday 24th April



10:00



12:00

**Time:**

Both events will start at 10.00 and finish at 12.00.



**Where:** Online

Both events will be online on ZOOM



If you want to attend one of these events, please email Cameron Smith [Cameron.s@sclد.co.uk](mailto:Cameron.s@sclد.co.uk)



Tell him which meeting you want to go to. **Both meetings are the same** so just choose one.



## Looking for volunteers!



### Jack Laird - Autism research

Jack, one of our staff, is looking for volunteers to help with his Autism research. Are you interested?



Jack is an undergraduate student from the School of Applied Sciences at Edinburgh Napier University.



Jack's research project is Investigating Autism in the Uncanny Valley through Subjective Ratings and Eye-tracking



### Participants must be

- over the age of 18
- have good to corrected vision (glasses wearers)
- must have prior clinical diagnoses of autism.

Click the button for more information







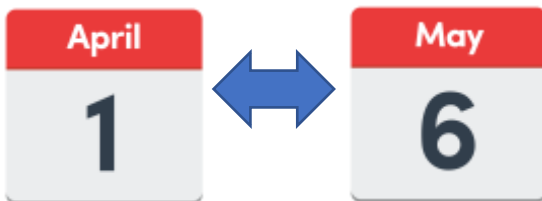
## East Lothian Council Charges to garden waste collection

East Lothian Council will start charging for garden waste to be collected from outside your home.

**This means it will no longer be free.**

The garden waste permit charge will be £35. This will cover the period 1 July 2024 to 27 June 2025.

**Your bin will not be emptied if you do not have one.**



You can register to get your permit from the **1 April 2024 to 6 May 2024** – you can not be added to the collection routes after these dates.

Click the button for more information





## Public Consultation LDAN Bill



The Scottish Government is launching a public consultation for the **Learning Disabilities, Autism and Neurodivergence (LDAN) Bill**.

They would like to hear views from as many people as possible.



Closing Date

The public consultation is open now and will close on the **21<sup>st</sup> of April**

For more information:

Click to  
watch a  
video



Click for easy  
read  
information



Click for  
more  
information



Click to  
complete the  
consultation  
form





## Have Your Say Meetings



Have Your Say offers a place for the people who are supported by The Action Group to come together and speak up about what is important to them.

We will be running 3 sessions to make sure we have our say on the **Learning Disability Autism and Neurodiversity Bill (LDAN Bill)** consultation.

### Meetings will be held on the

- 27<sup>th</sup> of March
- 4<sup>th</sup> of April



#### Time:

The meetings will start at 1 and finish at 3.



**Where:** The Prentice Centre,  
1 Granton Mains Avenue, Edinburgh, EH4 4GA.

#### To join on Zoom

Please email

[gayleforsyth@actiongroup.org.uk](mailto:gayleforsyth@actiongroup.org.uk)



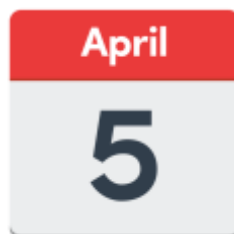
## LDAN BILL ONLINE WORKSHOPS



Time: 10:30am - 12 noon



Time: 2pm - 3:30pm



Time: 2pm - 3:30pm



For more information

- Call: 0131 663 4444
- Email: [nin@arcuk.org.uk](mailto:nin@arcuk.org.uk)



## The Action Group Caravan



Would you like a week away from it all?

Then look no further we have a few weeks to book The Action Group caravan based at Seton Sands in East Lothian.



New caravan with ramp leading up to Entrance:

- 3 Bedrooms (*1 Double and 2 Twin rooms*)
- to accommodate 6 people maximum.
- Central Heating
- Double Glazing



Caravan available for booking now, with prices starting from **£330 to £355**, these prices include Leisure Passes and Fuel costs.



### Property includes:



Kitchen: Microwave, Fridge/Freezer, Kettle & Toaster.



Rooms: Duvets & Pillows. Wardrobes and USB sockets for charging your phones.



TV and Blue/DVD Ray player

If you would like more information, dates available and up to date site information please contact:

**Karen Young**

[karenyoung@actiongroup.org.uk](mailto:karenyoung@actiongroup.org.uk)

**07803 414 621**

An email address will be required for all bookings.





## HARBOUR CONNECTIONS

# Harbour Connections Activities

## WHAT'S ON

Check out these community events, workshops and drop-ins happening in Leith and north Edinburgh!



### Digital Group

Date  
**WEDNESDAYS**

Time  
**10:00AM - 12:00PM**

Location  
**COMMUNITY RENEWAL PENNYWELL, MUIRHOUSE**

Head along to People Know How's digital group at Community Renewal Pennywell every Wednesday.



### Digital Group

Date  
**WEDNESDAYS**

Time  
**10:30AM - 12:30PM**

Location  
**EASTER ROAD STADIUM**

Head along to People Know How's digital group at Easter Road Stadium every Wednesday.



For these and more events please, click the blue button to visit the **Harbour Website**





## Wednesdays Music with Graeme



### Graeme McDonald

[graememcdonald@gmail.com](mailto:graememcdonald@gmail.com)

07310 064 474



#### Time:

The meetings will start at 11 am and finish at 12 noon.



#### Where?:

St James Church -Leith  
11a John's Place  
(on Leith Links)  
EH6 7EL

Tickets



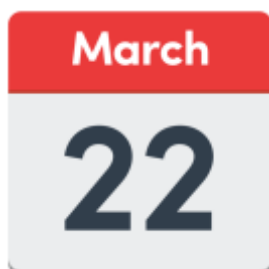
**Adults - £7** per drop-in session



## Edinburgh Learning Disability and Advisory Group (ELDAG)



ELDAG's March meeting offers a great opportunity to talk about what is important to you.



**The next meeting will be on Friday 22<sup>nd</sup> March, 10.30am till 12**



The meeting topic will be:  
**Benefits and Social Security**



**The meeting will be held at:**  
Enable Hall, 95 Causewayside,  
Edinburgh, EH9 1QG





## Get Involved with our TAG Tapestry Project!

### Tapestry Sessions with Clare Coyle



**Exciting times!** We are continuing The Action Group's Weaving a Community project that is being run by Clare Coyle.



Some of you might already know Clare, Clare used to be one of our Development Managers but started her retirement earlier this year.



### Next Session



**When:**  
Tuesday the 26<sup>th</sup> of  
March



**Time:**  
The meeting will  
start at 9:30  
and finish at 3.



**Where:**  
The Prentice Centre.  
1 Granton Mains Avenue,  
Edinburgh,  
EH4 4GA.



## Edinburgh South CFC Football Match



Support Edinburgh South CFC at their next home game.



The match will take place on Saturday the 6<sup>th</sup> of April and will be against Coldstream.



The match will be played at **Paties Road**.  
59 Katesmill Rd, Edinburgh, EH14 1JF

Kick off time is **2.30 pm**



**Adults - £4** when you say you are from The Action Group – staff on support go free

Concessions (Over 65s and 16-20): - £4

**Bad weather can mean matches can sometimes be postponed, please check the team Facebook page before setting out on match day.**





## FAIR & WELL Events



The **FAIR & WELL** project aims to provide activities for people with learning disabilities and their carers. Part of the project involves a coffee morning, where you can come together for chit – chat, coffee and snacks

### Events in March



- **20<sup>st</sup> Coffee morning at FAIR**  
10.30am-12.30pm
- **27<sup>th</sup> Trams outing to Gyle**  
11am – 12.30pm



If you want to come along or find out more, please contact Tasneem:

Email: [Tasneem@fairadvice.org.uk](mailto:Tasneem@fairadvice.org.uk)



## Awakening The Nightclub Club Night Dates for 2024



Awakening The Nightclub offers monthly club nights for adults with a disability and is hosted by Enable Falkirk.



Tickets are £8  
per person  
Support goes  
free



Club nights  
start at 7 and  
finish at 10



City Night Club  
Falkirk

### Upcoming Awakening club dates include

March

29

April

26

May

31

June

28

For more information contact Maureen on  
07970 835564



## Are you a Carer receiving Carer's Allowance?



From 26<sup>th</sup> February 2024 to Spring 2025, Social Security Scotland will transfer all existing carer's allowance claims to the new Scottish benefit called carer support payment.



You do not need to re-apply for the new benefit – the transfer will be done automatically.

The amount of benefit will be the same and you will continue to receive the 2 carer's allowance supplement payments a year



You will receive letters from the Department for Work and Pensions and Social Security Scotland when your claim is transferred.



If you have any questions about this, please contact The Action Group Advice Service **0131 285 5207**  
[advice@actiongroup.org.uk](mailto:advice@actiongroup.org.uk)



## TV LICENSING

TV Licensing are doing all they can to help people, particularly those in need of extra support.

Here you'll find all you need to advise your clients about the discounted TV Licences available. And whether they can get one.



### Supporting customers with the cost of living

Our TV Licence concessions



**Our most affordable way to pay**

Simple Payment Plan.





- Advice -

## Supermarket Vouchers



- Are you finding it hard to pay for your shopping or bills?
- Do you get your support from The Action Group?

If yes, then we might be able to help.



The Action Group have some vouchers that you can use to pay for shopping at the supermarket.



The Advice team can also check that you are getting all of the benefit money that you should be. They can help you apply for any benefits that are missing.



- Advice -

Call **0131 475 2315** and ask to speak to a member of the advice team or email [advice@actiongroup.org.uk](mailto:advice@actiongroup.org.uk)



# Advice



Police are warning people to be on the look out for scams. A scam is when someone tries to trick you into giving them something that belongs to you. For example, money or personal information.



Click here for information from Police Scotland.



Click here for information on TV License scams



Click here for information on digital scams and viruses



Click here for information on digital safety settings and permissions



Click here for a full guide on different types of scams



Please speak with staff if you would like to learn more about scams or are worried in anyway.





# Wellbeing



## NHS 24 Mental Health Hub

If you need urgent support for your mental or emotional health, you can call the NHS24 Mental Health Hub on 111. The service is open 24 hours every day for anyone in Scotland.

[Learn more](#)



0800 83 85 87  
www.breathingspace.scot

## Breathing Space

We are a free, confidential, phone service for anyone in Scotland over 16. If you're experiencing low mood, depression or anxiety, we provide a safe and supportive space, listening, offering advice and providing information.

[Learn more](#)



## Samaritans

If you are going through a difficult time, you can get in touch with Samaritans. We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

[Learn more](#)



for Scotland's mental health

## SAMH

As Scotland's Mental Health charity, we offer a range of services across Scotland and have a hub with guidance for looking after your mental wellbeing as the coronavirus developments continue.

[Learn more](#)



## United to Prevent Suicide

United to Prevent Suicide offers support to help prevent suicide. United to Prevent Suicide is not just a name or a logo. It's a movement.

[Learn more](#)



## Support in Mind Scotland

We believe anyone affected by mental health issues deserves compassionate and expert support and we've compiled some guidance to help people through this difficult time.

[Learn more](#)



## NHS Inform

During the pandemic, it's important to have the right information. There are a number of useful, reliable sources available on NHS Inform to help you stay calm and relaxed.

[Learn more](#)



## Young Scot

We're the National Youth Information Agency for young people in Scotland. Learn about what you can do if you are feeling anxious and worried, and how you can support others in your community.

[Learn more](#)



## Parent Club

Parent Club has a whole host of mental advice tips and advice to help parents and children during the coronavirus outbreak.

[Learn more](#)



## Ready Scotland - helping in your community

For advice on helping in your community and where to find additional support visit Ready Scotland.

[Learn more](#)



## Rape Crisis Scotland

The Rape Crisis Scotland National Helpline provides support for anyone in Scotland affected by sexual violence at any time in their lives.

[Learn more](#)



## Maternal Mental Health Scotland

We bring together lived and professional experience of perinatal and infant mental health into one voice. We use this to educate the public, health professionals and policy makers and campaign for change.

[Learn more](#)



Click Here to get the right help and support





Here are some useful helplines, that you may need for yourself, or to share with others if they are in need of help and support.



**National Assistance Helpline: 0800 111 4000**



**Mind: 0300 123 3393**



**Samaritans: 116 123**



**Domestic Violence Hotline: 0808 2000 247**



**Dementia Connect: 0333 150 3456**



**Age UK: 0800 169 6565**



**Childline: 0800 1111**

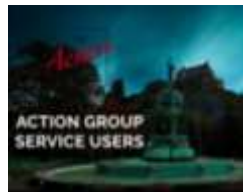


## Do you want to join the Service Users Facebook Page

- 1 Click the logo here to go to the Facebook page



- 2 You will see this



Action Group Service Users

Group · 138 members

a safe place for service users meet have a laugh ...

Member since September 2018

- 3 Click the button that says Join



- 4 A box will come up on your screen. In the box, you need to type in which team you get support from.

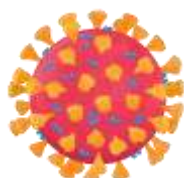


We ask everyone to answer this so we can check everybody is supported by The Action Group.

This is to make sure everybody is kept safe.



After we have checked, you will get a notification to say you have joined the group.



## Keep using Covid sense



It is important to remember Covid has not gone away.

There are things you can do to stay well and protect others, like:



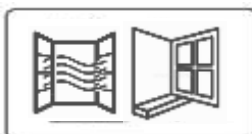
- staying at home if you have symptoms



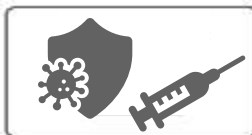
- wearing a face covering



- washing your hands regularly



- meeting in well-ventilated spaces



- Stay up to date with vaccinations

Click here for more information



Click the button for Distance Aware badges and lanyards

